Life Essentials®
IDEALLY FORMULATED FOR BASIC NUTRITION*

Positioning Statement
Life Essentials® supports health and vitality with key antioxidants and 24 vitamins and minerals. Taken twice daily, Life Essentials® is a good choice for basic dietary supplementation to promote normal health and well-being.*

Concept
Nutrition surveys consistently show that inadequate intakes of essential vitamins and minerals are common in the U.S. and other industrialized countries. The Continuing Survey of Food Intakes by Individuals (CSFII), conducted by the US Department of Agriculture (USDA), showed that most people do not meet the Recommended Dietary Allowances (RDAs) for many essential vitamins and minerals.

Life Essentials® is a well balanced, high-quality dietary supplement designed to help meet the Reference Daily Intakes (RDI) determined by the Food and Drug Administration (FDA). Life Essentials® capsules provide excellent sources of 21 essential vitamins and minerals and are high in the antioxidant nutrients.

Primary Benefits
• Contains the antioxidants beta-carotene, vitamin C, and vitamin E, which help neutralize free radicals in the body*
• Offers an excellent source of chromium, a mineral that works with insulin in the metabolism of glucose for energy production*
• Provides an excellent source of 12 essential vitamins, which are vital dietary components for normal function, growth and maintenance of body tissues*
• Contains a natural source of beta-carotene from Dunaliella salina with mixed carotenoids for more bioavailability*
• Contains a natural source of vitamin E with mixed tocopherols, clinically proven to be more absorbable and more effective as an antioxidant*

What Makes This Product Unique?
• Provides a balanced set of key ingredients for maximum benefit and absorption*
• Provides chelated minerals to enhance absorption*
• Contains no preservatives, artificial colors, or flavors

Who Should Use This Product?
Anyone concerned with meeting their basic supplementation needs for vitamins and minerals. Life Essentials® can be taken by anyone who is at least 12 years of age or weighs 100 lbs (45 kg) or more.

Did You Know?
• Almost 80% of females do not get the recommended daily amount of calcium
• The DNA in each cell of your body receives 70,000 free radical hits per day
• Vitamin C must be present in order for iron to be absorbed in the body

Frequently Asked Questions
Why is it important to take a multivitamin while trying to lose weight?
Nutrition experts recognize that it’s often difficult to create and choose weight loss diets that include the required nutrients at recommended intake levels. The use of a vitamin and mineral fortified supplement is part of a healthy plan for anybody trying to lose weight. Fortunately, Life Essentials® provides a high quality vitamin and mineral supplement to help address the additional oxidative stress and nutritional needs that are associated with losing weight. Life Essentials® is an essential companion for any weight management program.*

*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

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Is folic acid only necessary for pregnant women?
When taken during the weeks before conception and also during the first two months of pregnancy, folic acid can help promote the healthy development of the baby’s brain and spinal cord. While the causes are multifactorial, healthful diets with adequate folic acid may reduce a woman’s risk of having a child with a brain or spinal cord defect. Daily intakes of up to 1,000 mcg a day of folic acid have demonstrated no adverse affects. But folic acid is an important supplement for everyone because it assists in normal homocysteine metabolism.

Is natural vitamin E better than synthetic?
Natural vitamin E (d-alpha-tocopherol) has about twice the biological activity of commonly used synthetic vitamin E (dl-alpha-tocopherol). Life Essentials provides mixed natural tocopherols (alpha, beta, gamma, and delta tocopherols), which further enhance the antioxidant protection provided by vitamin E.

What is the difference between LifePak® and Life Essentials®?
Life Essentials® provides basic adult supplementation to support normal health and well being. It offers a broad spectrum of essential basic nutrients and is also suitable for adolescents. LifePak® is comprehensive supplementation for adults over the age of 18 that includes a full-spectrum of phytounitron carotenoids and flavonoids. To gain additional antioxidant benefits, it is ideal for adults to combine Life Essentials® with other antioxidants, such as Tegreen 97®.

Key Scientific Studies

Other Ingredients: Gelatin, Magnesium Stearate, Maltodextrin, Sodium Carboxymethylcellulose.

Directions for Use
Take one (1) capsule with eight (8) ounces of liquid with your morning and evening meals.

Warnings
Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under six. Keep this product out of reach of children. In case of accidental overdose call a doctor or poison control center immediately.

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